

Mason County Diabetes Statistics, 2003



Diabetes Prevention & Control Program
P.O. Box 47836
Olympia, WA 98504-7836
(360) 236-3617

Prevalence (adults 18+ years)	Mason County		Washington State	
	Percent (95% CI) ¹	Number of adults	Percent (95% CI) ¹	Number of adults
	8.2 (5.1, 12.9)	3,347	6.6 (6.2, 7.1)	303,283

Risk Factors (adults 18+ years without diabetes)	Mason County	Washington State
	Percent (95%CI) ¹	Percent (95%CI) ¹
Overweight or obese ²	64.5 (57.0, 71.4)	56.8 (55.8, 57.8)
Insufficient physical activity ³	39.5 (32.0, 47.6)	35.8 (34.9, 36.8)
Smoke cigarettes	25.3 (19.3, 32.4)	19.8 (19.0, 20.6)
History of high blood pressure ⁴	29.5 (23.2, 36.7)	20.8 (20.1, 21.5)
History of high cholesterol ⁴	39.3 (31.2, 48.0)	31.1 (30.2, 32.1)

Hospitalizations ⁵ (with complications of diabetes)	Number of hospitalizations	Age-adjusted rate per 10,000 total population (95% CI) ¹		Crude rate per 10,000 people with diabetes	
	Mason County	Mason County	Washington State	Mason County	Washington State
Diabetes as first listed diagnosis	38	7.0 (4.9, 9.8)	9.6 (9.4, 9.9)	112.5	191.3
Diabetes as any listed diagnosis	859	139.2 (129.9, 149.1)	118.4 (117.5, 119.3)	2,542.3	2,293.6
→ with coronary heart disease	288	44.9 (39.8, 50.6)	36.3 (35.8, 36.8)	852.4	693.1
→ with stroke	79	12.2 (9.7, 15.4)	10.1 (9.9, 10.4)	233.8	190.9
→ with diabetic ketoacidosis	11	2.3 (1.2, 4.3)	3.9 (3.8, 4.1)	32.6	78.9
→ with lower extremity amputation	7	1.2 (0.5, 2.7)	1.9 (1.8, 2.0)	20.7	160.7

Deaths ⁵	Number of deaths	Age-adjusted rate per 100,000 total population (95% CI) ¹		Crude rate per 100,000 people with diabetes	
	Mason County	Mason County	Washington State	Mason County	Washington State
Diabetes as underlying cause	12	18.8 (9.7, 35.0)	26.0 (24.7, 27.4)	355.2	494.4
Diabetes as any cause	49	78.4 (57.8, 105.4)	77.1 (74.9, 79.4)	1,450.2	1,460.9

¹Data presented as: percentage or rate (95% confidence interval).

²Overweight=body mass index (BMI) 25.0-29.9 kg/m², obese=BMI 30.0+ kg/m².

³Insufficient physical activity=reported level of physical activity during leisure time or at work does not meet Centers for Disease Control and Prevention (CDC) recommendations of moderate-intensity activity for 30+ minutes on 5+ days/week or vigorous-intensity activity for 20+ minutes on 3+ days/week

⁴Told by doctor, nurse, or other health professional had high blood pressure and/or high cholesterol.

⁵Rates are not computed for counts <5. Rates based on fewer than 20 deaths or hospitalizations are likely to be unstable or imprecise.